

Yogurt Berry Parfait

Prep time: 5 minutes

Makes: 4 servings

Ingredients

2 cups yogurt (low-fat or fat-free, plain or vanilla*)
1 cup banana (sliced)
1/2 cup blueberries (fresh)
1/2 cup strawberries (fresh, sliced)
 other optional fruit (raspberries, peaches, pineapple and/or mangos)
1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

*Low-fat vanilla yogurt used for costing and nutrient analysis.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see: www.nutrition.gov/kidscook.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	304	
Total Fat	9 g	14%
Protein	11 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	89 mg	4%

MyPlate Food Groups

Fruits	1/2 cup
Grains	1/2 ounce
Protein Foods	1/2 ounce
Dairy	1/2 cup

